

# Health Promotion to Women of Fertile Age (WUS) About the Selection of Family Planning Contraceptives in the North Margahayu Sub-district, Bandung City

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## Abstract

*Women of childbearing age experience many obstacles in choosing contraception. One of them is due to a lack of knowledge about the safety of the method used and the husband is not allowed to solve the problem so that he does not experience pregnancy. The purpose of doing this community service is to provide information to WUS about the family planning program so that WUS have knowledge and understanding of family planning devices so that they can properly spacing pregnancies and manage the number of children they have. The target of this community service activity is women of childbearing age (WUS), totaling 35 people, carried out offline on Wednesday, August 17 2022, 09.00 to 10.00 WIB, at the RW office. This community service activity is carried out with the help of LCD media and power point, the time for giving the material is 30 minutes. To evaluate health promotion activities by providing post-test questions about the material that has been provided by the resource person. The results obtained after being given health promotion were an increase in knowledge of WUS by conducting evaluations by asking questions about the material that had been conveyed by the informants, all participants were able to answer well. Health promotion is expected not only to increase WUS knowledge but also to change behavior so that the knowledge gained can be applied in everyday life.*

**Keywords:** counseling, family planning, women of childbearing age

## A. Introduction

Indonesia is the fourth most populous country in the world with a population of around 250 million. About half of Indonesia's population is under the age of 30, as both the birth rate and fertility rate are rapidly declining. These conditions indicate that Indonesia has a very high number of people of productive age. This condition, when viewed from a health potential, can affect the status or degree of health if the productive age is not controlled properly, the increasing rate of population growth in Indonesia [1]. The average population growth rate in Indonesia in 2010-2020 was 1.25% per year [2].

In an effort to overcome population problems in Indonesia, the government made Law Number 52 of 2009 concerning Population Development and Family Development, in article 1 paragraph 8 it is stated that Family Planning (KB) is an effort to regulate the birth of children, distance, ideal age of childbirth, regulate pregnancy, through promotion, protection, and assistance in accordance with reproductive rights to realize a quality family [3]. Reproductive health is a complete physical, mental and social condition, not only free from disease or disability in all aspects related to the reproductive system, its functions and processes [4]. Family planning is a government program designed to balance the needs and population. Family planning is an effort to achieve the SDG's target in 2030 and demographically the role of family planning is to control the rate of population growth. The family planning program can reduce the risk factors of pregnancy in the 4Ts, namely too young, too old, too close and too far away, which is also a factor in maternal mortality are also factors in maternal mortality [5]. Family planning is one of the 5 pillars of Safe Motherhood, in the context of strategies to reduce maternal mortality and morbidity [6]. Family planning is an effort to measure the number of children and the desired spacing of children. That way the children who are conceived and born are healthy and less likely to suffer from stunting [7]. Therefore, the Government launched a program

or way to prevent and delay pregnancy. Efforts to achieve this, several ways or alternatives are made, namely contraception or preventing the meeting of sperm with ovum, so that fertilization does not occur which results in pregnancy [8]. The Contraceptive Prevalence Rate (CPR) in Indonesia in 2015-2019 tended to increase, while the Total Fertility Rate (TFR) tended to decrease. This shows that the increasing coverage of Women of Fertile Age (WUS) who take family planning is in line with the decreasing national fertility rate [9]. The target of the family planning program is the group of Women of Fertile Age (WUS) who are in the age range of 15-49 years [10].

Family planning policies are directed towards the use of contraceptive methods that are appropriate to individual needs, long term, safe and effective [11]. Women of childbearing age experience many obstacles in choosing contraception. One of them is due to lack of knowledge about the safety of the methods used and not being allowed by the husband to solve problems so that he does not experience pregnancy. Mindarsih thresia research, 2019 [12], a person's experience and knowledge are very important factors in interpreting the stimulus received. Knowledge, understanding, and interpretation of contraceptives are very important to enable the selection of contraceptives to be used to delay, or terminate pregnancy, as well as indications and contraindications for use that can be distinguished by contraceptives [13].

Based on data obtained from RW 09 Margahayu village, the diagram above shows that 54.9% have participated in the family planning program, while 45.1% have not used the family planning program. The lack of awareness of the RW 09 community in North Margahayu Village about knowledge in contraceptive selection in PUS and WUS in RW 09 North Margahayu is a problem that must be overcome. One of the solutions that can be done to overcome this problem is to hold counseling activities related to the selection of contraceptives through the use of various media. Thus, it is hoped that an increase in community knowledge and attitudes can be achieved in terms of selecting contraceptives, especially for couples of childbearing age and women of childbearing age, and can trigger the community to take an active role in realizing optimal health.

## **B. Methods**

Preparations made in community service activities in North Margahayu Village, the team took care of licensing to the head of the Carigin Health Center, RW head and coordinated with cadres. The activity was carried out on Wednesday, August 17, 2022, 09.00 to 10.00 WIB, at the RW office, the method used was health counseling for WUS, counseling was carried out for 30 minutes, the media used were LCD, power point and leaflet. The target participants in this community service activity are women of childbearing age (WUS) totaling 35 people.

## **C. Result and Discussion**

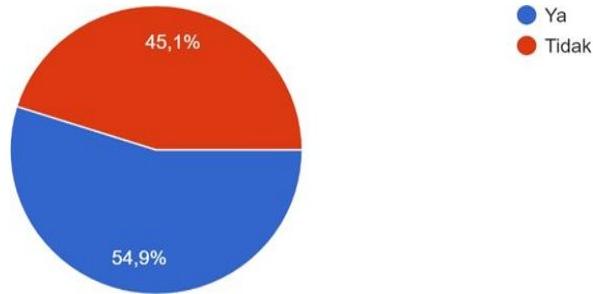
This community service activity does not use pre and post test questionnaires but asks questions to participants about the material that has been delivered by the resource person, all participants seem enthusiastic and can answer questions given by the resource person. this activity was attended by 35 women of childbearing age.

Family Planning (KB) is a movement to form a healthy and prosperous family by limiting births. Birth restriction can be done by using contraceptives [14]. The types of contraceptives in Indonesia are still common, namely using temporary methods, namely spirals, IUDs, pills, injections, implants, condoms and long-term contraceptives such as tubectomy and vaccination [15]. The purpose of the family planning program is to realize economic, spiritual, social and cultural welfare, as well as education so that a good balance can be carried out based on national production capabilities [16].

According to Cahyarini, 2021 shows that the reactions and perceptions of women and their partners to previously used contraceptives are shaped by and associated with previous knowledge about the tools, myths, fears, and misinformation they hear about contraception from their friends, despite being fully aware of the importance of using these contraceptives [17]. Through health education, couples of childbearing age and women of childbearing age can increase knowledge about family planning acceptors that can be used, thus making family planning users more comfortable with these contraceptives and with good knowledge of contraceptives can avoid mistakes in choosing the most suitable contraceptives for the users themselves [18].

The success of the family planning program and increasing the number of contraceptive acceptors requires a coordinated effort between the government and health workers in carrying out their functions. Health

workers have the authority to provide health services, about family planning (KB) the purpose of providing information about KB can increase knowledge and awareness so that it is expected to change attitudes and behaviors that are more responsible, especially about contraceptive use [19]. Good knowledge is also a factor that motivates a person to decide to use contraceptive methods that are in accordance with the conditions and needs of WUS. In order to get a good understanding, it needs to be supported by an informative way of delivering information. Therefore, the method of delivering information is important in providing education. The counseling technique was chosen because it is an interactive way of delivering material with the audience compared to the group discussion method [20].



**Figure 1.** People who participate in the family planning program

The diagram above shows that 54.9% had participated in the family planning program, while 45.1% did not use the family planning program. Families who follow the family planning program because they want to have a few children, do not want to bother and the economy if many children must have many needs, while the reasons for families who do not want to follow the family planning program are because they do not know, do not understand the benefits of family planning, are not allowed by their husbands, and are afraid of the side effects of family planning.



**Figure 2.** Providing health counseling on family planning to WUS and Attendees



**Figure 3.** Delivering the results of community service to the Carigin Health Center of Bandung City

#### D. Conclusion

Community service activities can increase the knowledge of WUS about the family planning program, so that WUS know and understand about family planning tools so that things that worry about family planning tools do not happen again, this was obtained during the evaluation. There were 35 participants who participated in the activity.

It is recommended that the Carigin Health Center can carry out periodic counseling activities with more frequency and the range of information dissemination can also be extended to families in general so that everyone, families and communities know, understand more about contraceptives as protection against pregnancy and increase information so that the knowledge of couples of childbearing age about family planning is better.

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